

# QUOTES, QUIBBLE, QUESTION

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## W E L C O M E

This week is focused on **Confidence: The Inner Fuel for Success**

Confidence is that intangible quality that seems to set certain individuals apart from the rest. It's the secret sauce that propels some to great heights while leaving others feeling stuck in the shadows. But what exactly is confidence, and where does it come from?

## Q U O T E S

"Believe you can and you're halfway there." - [Theodore Roosevelt](#)

"Confidence comes not from always being right, but from not fearing to be wrong." - [Peter McIntyre](#)

"With confidence, you have won before you have started." - [Marcus Garvey](#)

"Confidence is contagious. So is lack of confidence." - [Vince Lombardi](#)

# Q U I B B L E

A quibble that is regularly debated about confidence is whether it's innate or acquired. Some argue that confidence is something you are born with, an inherent trait that some individuals possess from an early age. Others believe confidence can be developed over time through experiences, achievements, and positive reinforcement.

What is confidence, then? At its core, confidence is a belief in oneself and one's abilities. It's the inner assurance that allows individuals to tackle challenges head-on, take risks, and persevere in the face of adversity. Confidence isn't about being arrogant or infallible; rather, it's about having faith in your capacity to learn, grow, and succeed.

Where does confidence come from? It's a complex interplay of various factors, including genetics, upbringing, past experiences, and mindset. Some people may naturally exude confidence due to their temperament or supportive upbringing, while others may need to cultivate it through deliberate effort and practice.

So, there's a lot going on with this whole idea of having confidence in yourself, right? It's like when people tell you to just "believe in yourself more!" Sure, that advice can be useful, but it's not always that simple. It's about understanding how you see yourself and what you're capable of, and how those thoughts shape your mindset. Building confidence involves focusing on something you're truly passionate about or skilled in, like your hobbies or your job.

## Q U E S T I O N

What steps are you taking to build and sustain your confidence in the face of challenges and uncertainty?

Consider the words of these famous figures above and ponder how you can harness the power of confidence to propel yourself toward your goals. After all, as Vince Lombardi wisely noted, confidence is indeed contagious – so why not spread it within yourself first?

## T H A N K S

For reading this week's newsletter.

If you have other subjects that you would like to hear about, drop me an email at [matt@thecoachingguy.co.uk](mailto:matt@thecoachingguy.co.uk)